

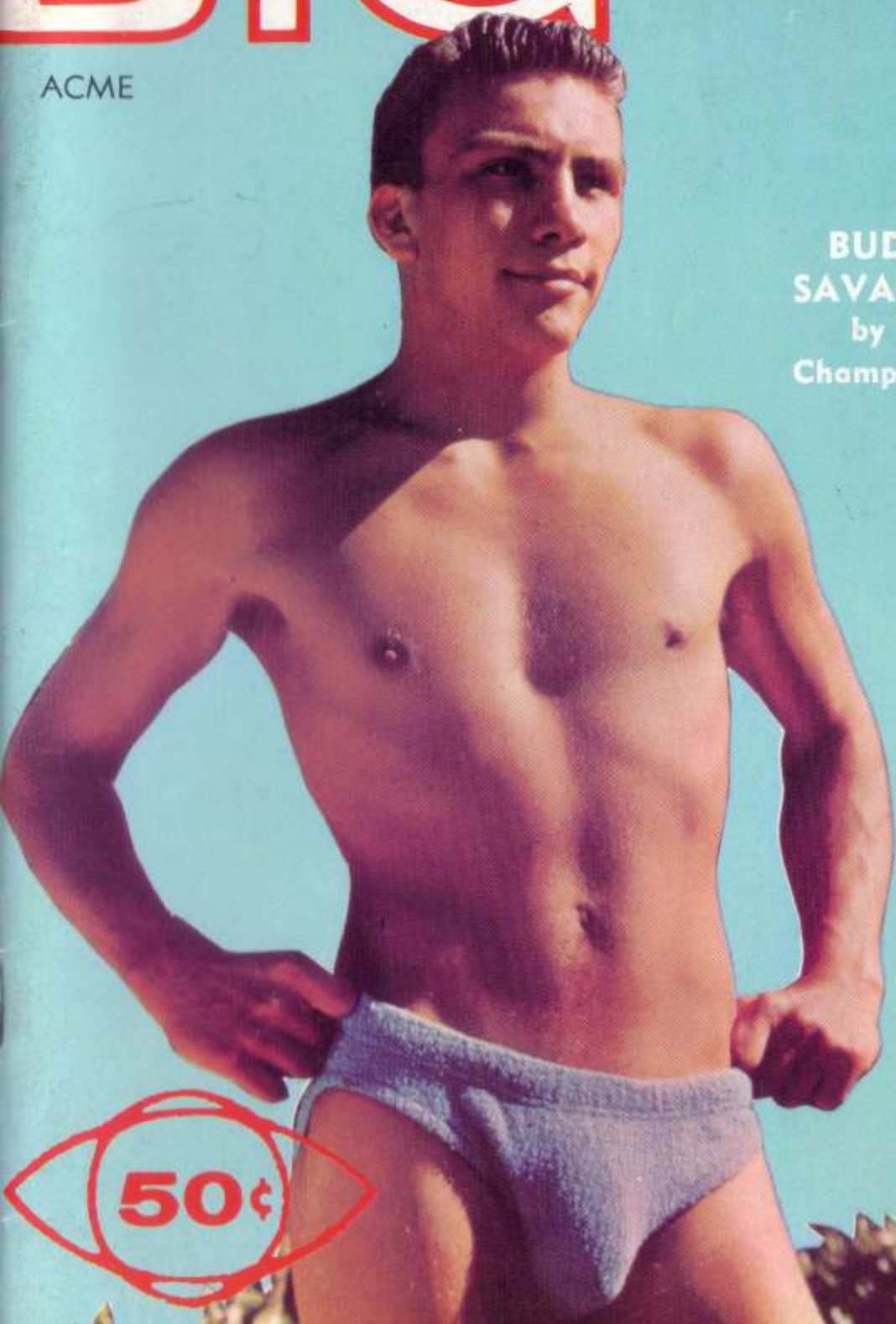
BIG

JANUARY



ACME

**BUD
SAVAGE**
by
Champion



50¢

Instructive Text and Photos, ART - EXERCISE - HEALTH



It is with pride that
Champion exclusively
introduces BUD SAV-
AGE to the viewers of
BIG Magazine.

VOL 4, NO. 8

JAN. 1967

Eye of the



ARTIST

Eye of the



BEHOLDER



Eye of the



CAMERA

THE

BIG

VIEW

**BIG's point of view should serve to inspire the development
toward perfection of mind, body and health.**

BIG is published bi-monthly (every other month) by WALJIM ENTERPRISES, INC., Box 3255, Grand Central Station, New York 17, N.Y. Subscription rates are \$5.00 for 12 issues sent to you by sealed first class mail in plain wrapper. Foreign readers (except Canada and Mexico) please add \$2.00 to the above rates. All photos, manuscripts and art submitted to BIG become the property of BIG and submission of material will be construed as permission to publish same without any further correspondence.

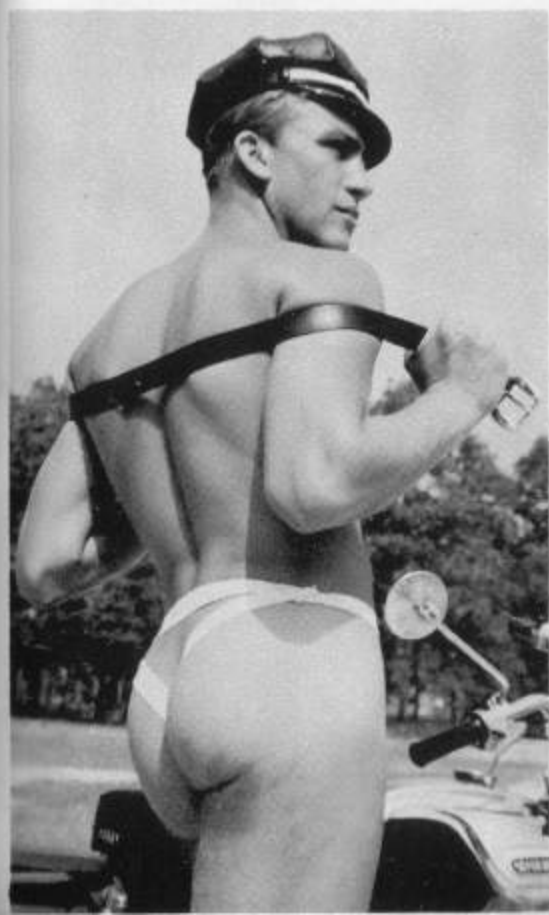
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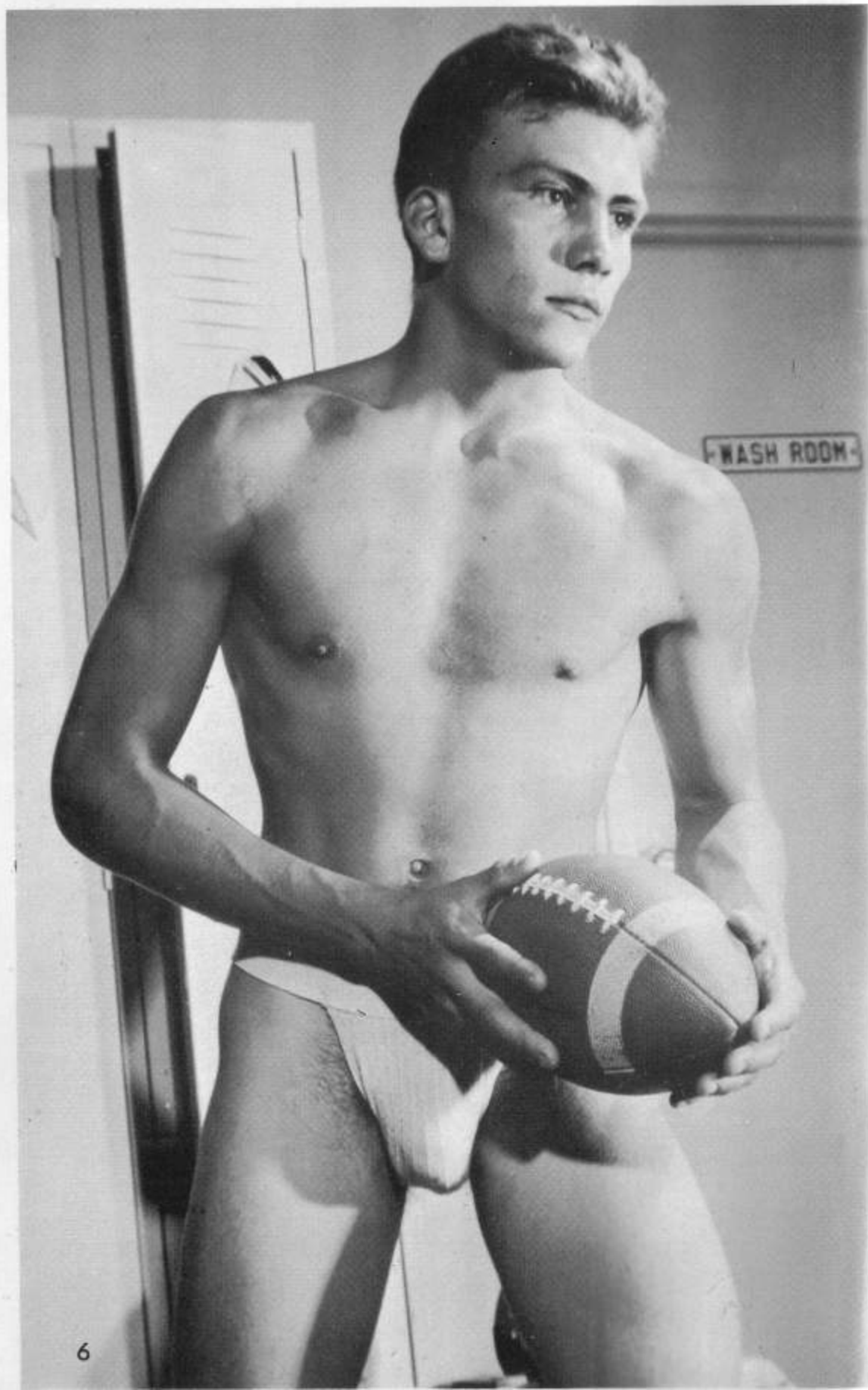
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BUD is at his best in theatricals, contact sports, and imaginative posing for artists. He especially digs dragging with his cycle.

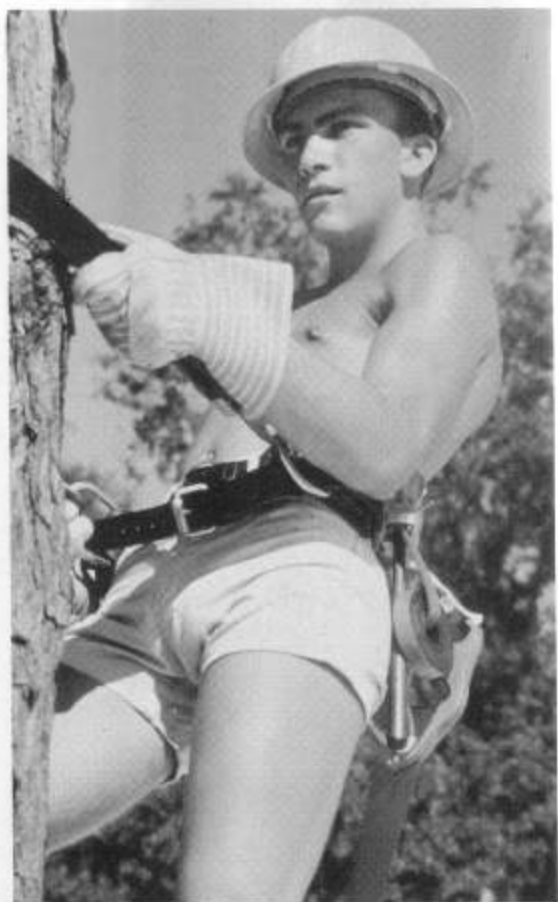






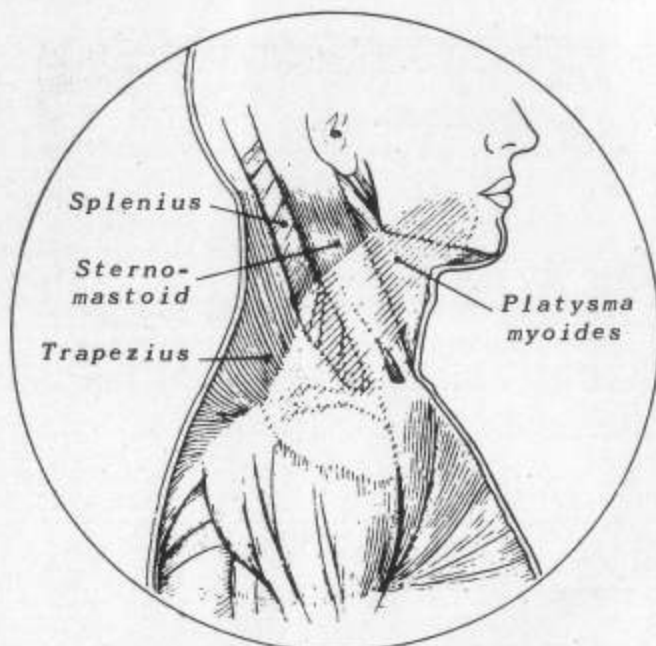
At 18 years, BUD is an ideal model 5' 10" tall, 160 pounds. He has just the right mixture of charm and physique that makes for a wonderfully photogenic young man.





BUD pays his way by working as a tree surgeon. Students who want shots of the figure photographed from unusual angles simply must add **CHAMPION'S** newly released, colorful 200-ft., 8 mm production "Clean Cut Limbs and Sturdy Trunks" to their film collection. See Bud's magnificently proportioned torso bathed in sparkling sunshine under cascading water as he showers out-of-doors after a hard day working up a tree. This great film couldn't be more authentic — yours for a mere \$30.00. See ad, page 38.

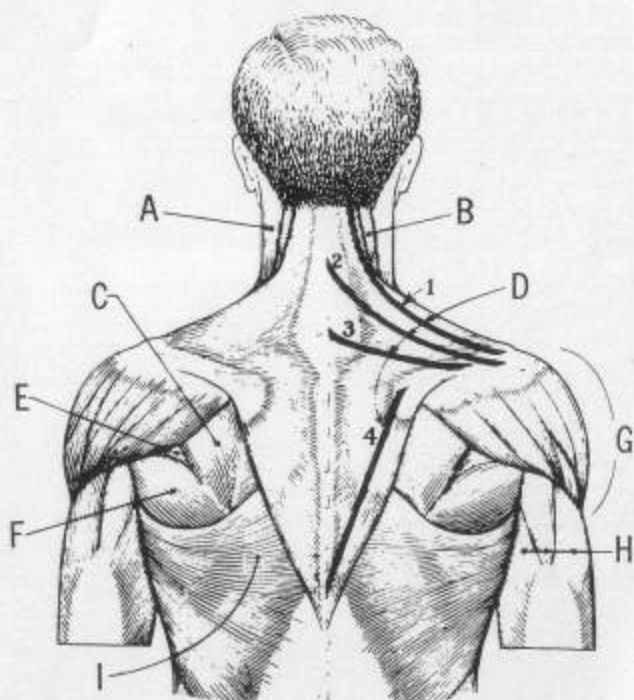




NECK DEVELOPMENT

A sturdy, good-sized neck is a valuable physical attribute and a sign of masculine vigor. A physically undeveloped individual may, through the aid of cleverly-tailored clothes, partially disguise the skinniness of his arms and legs, or the narrowness of his shoulders - but not the appearance of his neck. A scrawny, undeveloped condition of this part not only makes a poor impression upon others, but also may call attention to a general feebleness of physique. In most cases the condition is quite inexcusable since the neck is one of the easiest parts of the body to exercise, develop, and improve.

Observant trainers and medical examiners are well aware of the connection between the appearance of a man's neck and his general bodily vigor. Poor condition, or lowered vitality is shown not only in the thin (or fat) neck of the man who never exercises, but also in a drawn or haggard appearance of the face and neck of the athlete who is over-trained. Hence the condition of the neck may be taken as one of the several outward indexes of health.

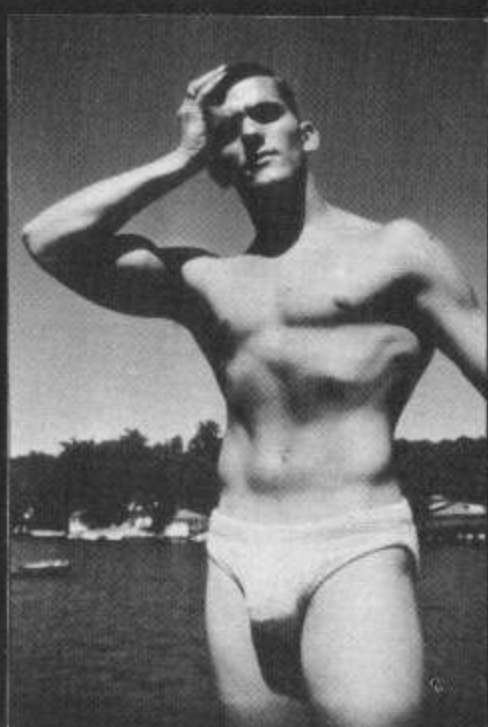


- | | |
|-------------------|----------------|
| A) Sterno-mastoid | F) Teres major |
| B) Splenius | G) Deltoid |
| C) Infraspinatus | H) Triceps |
| D) Trapezius | I) Latissimus |
| E) Teres minor | dorsi |

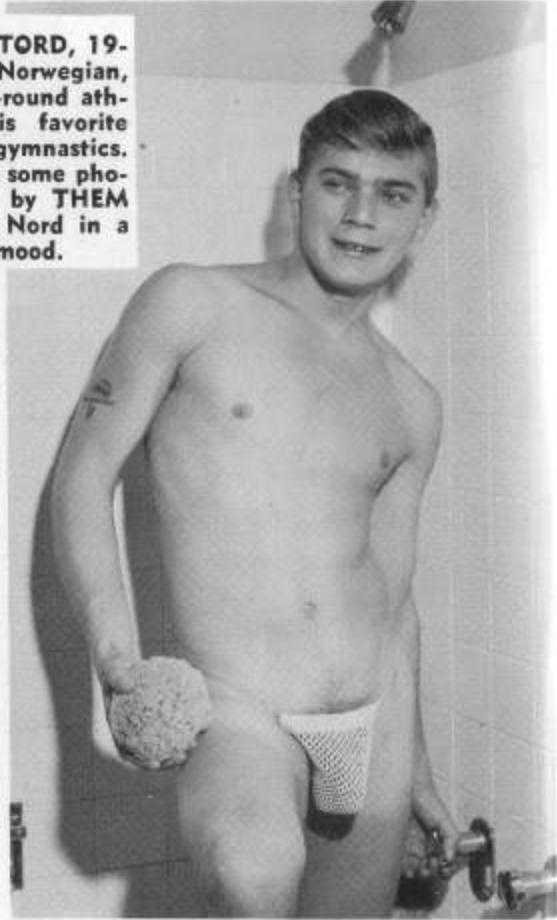
Some of the muscles of the neck, shoulders, and upper back. The heavy lines on the trapezius show how this muscle may be studied in 4 parts according to its actions.



CHAMPION model, ROB THODER demonstrates a few
dynamic tension exercises for a stronger neck.
Order Rob Thoder's colorful catalog
from CHAMPION today.



NARD STORD, 19-year-old Norwegian, is an all-round athlete. His favorite sport is gymnastics. Here are some photos shot by THEM showing Nord in a relaxed mood.

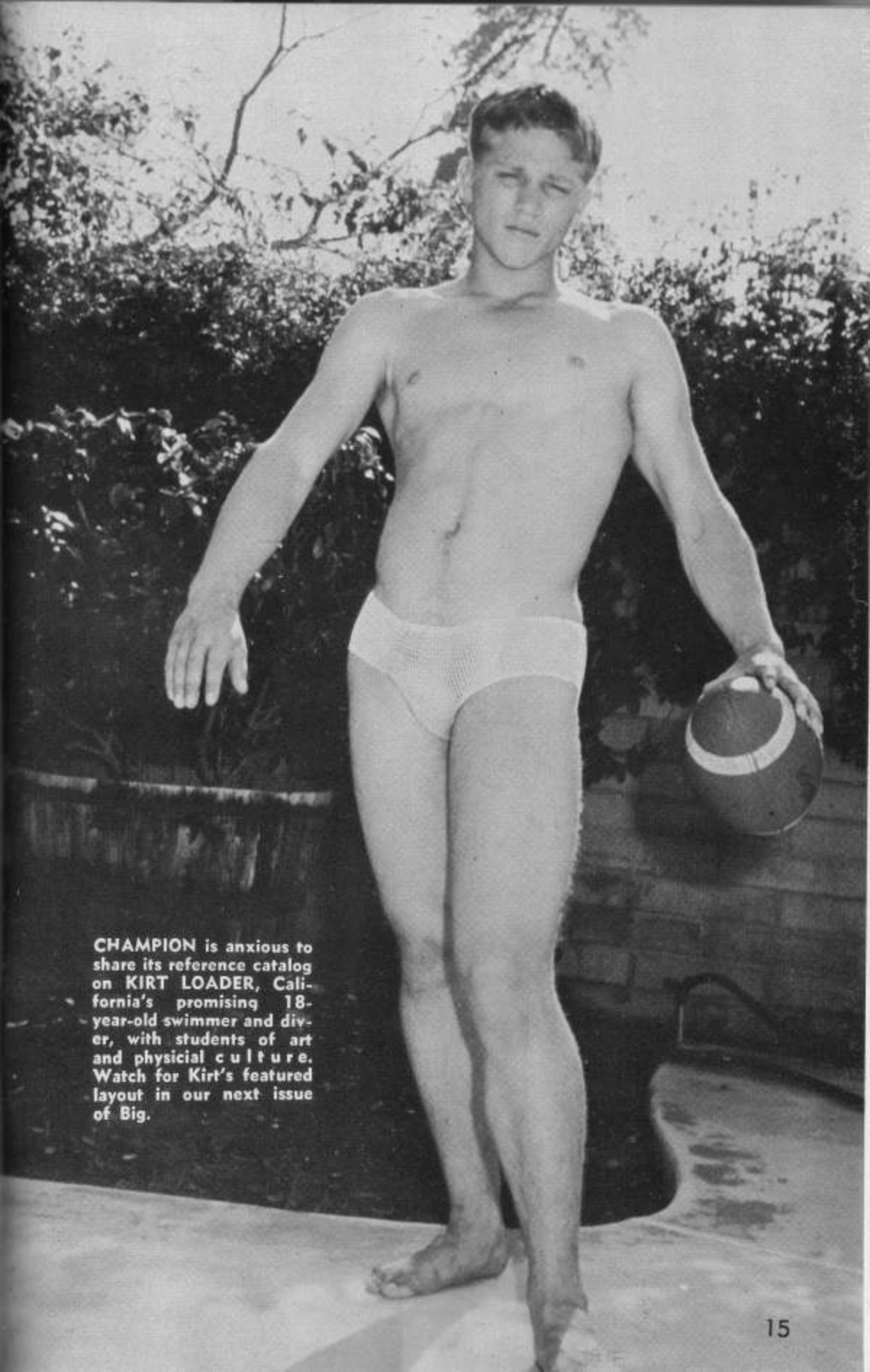




BILL LAWRENCE, aged 25, shows us the finely molded contours of his 6'2" muscular frame, photographed in action by **CHAMPION**, doing sit-ups, his favorite body conditioner.

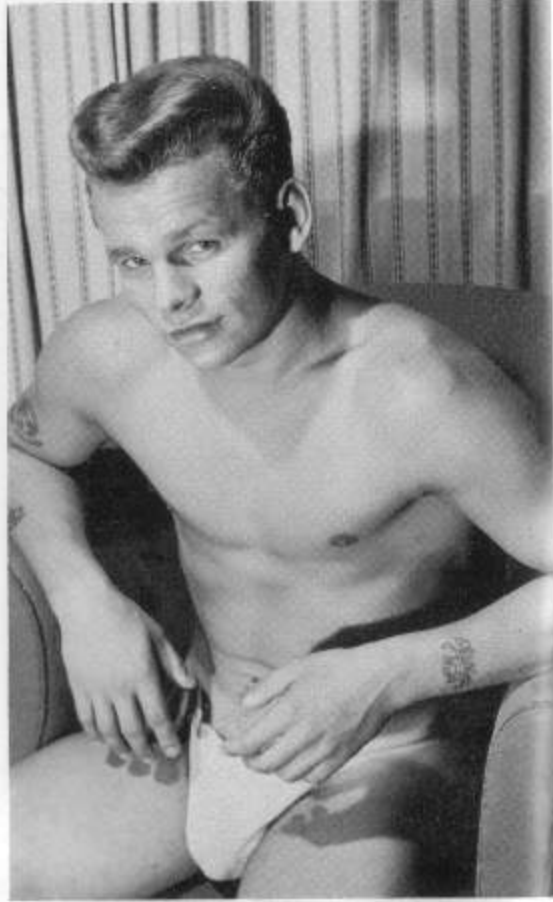
GLEN KINKEAD — 24-year-old surfer from California, snapped by **CHAMPION** on Laguna's golden strand as he contemplates riding those gigantic swells.

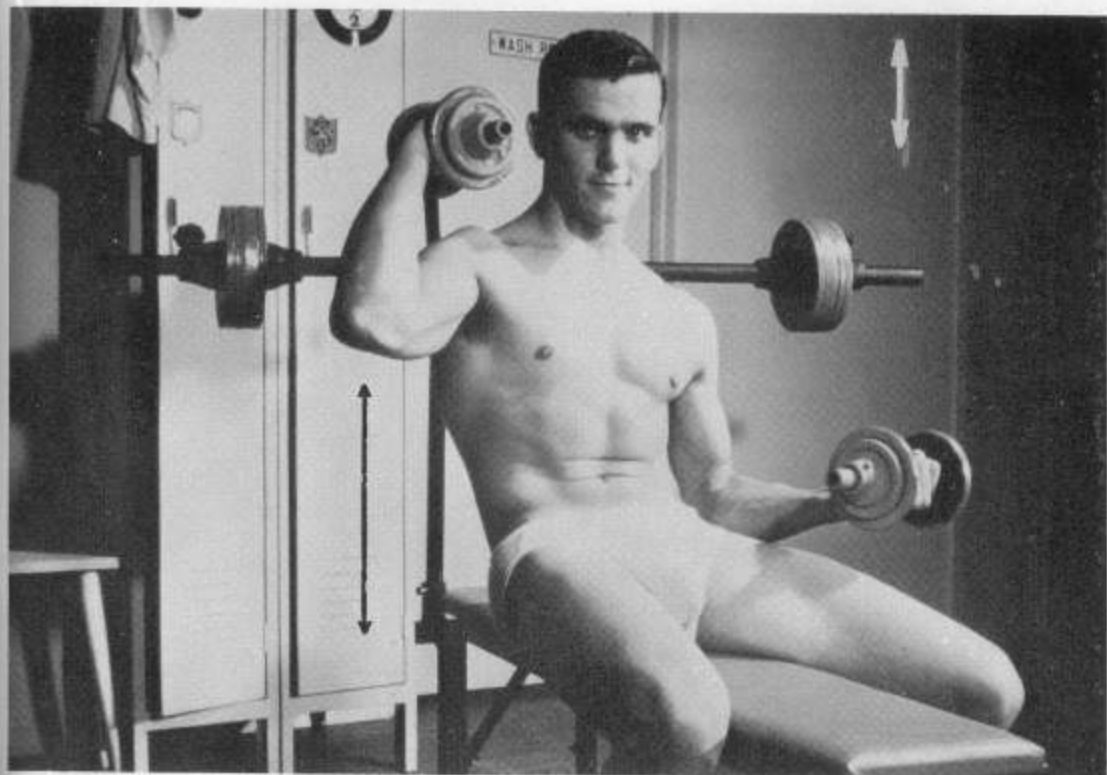




CHAMPION is anxious to share its reference catalog on **KIRT LOADER**, California's promising 18-year-old swimmer and diver, with students of art and physical culture. Watch for Kirt's featured layout in our next issue of **Big**.

19-year-old Danish **KJELD NIESEN** loves life at sea, where he's always exposed to the unpredictable elements. **KJELD** doesn't dream of being a champion muscleman. He's content with hardy, rugged health, which the seaman's life has given him his share of. Order his colorful reference catalog by **THEM** now — turn to ad, page 35.

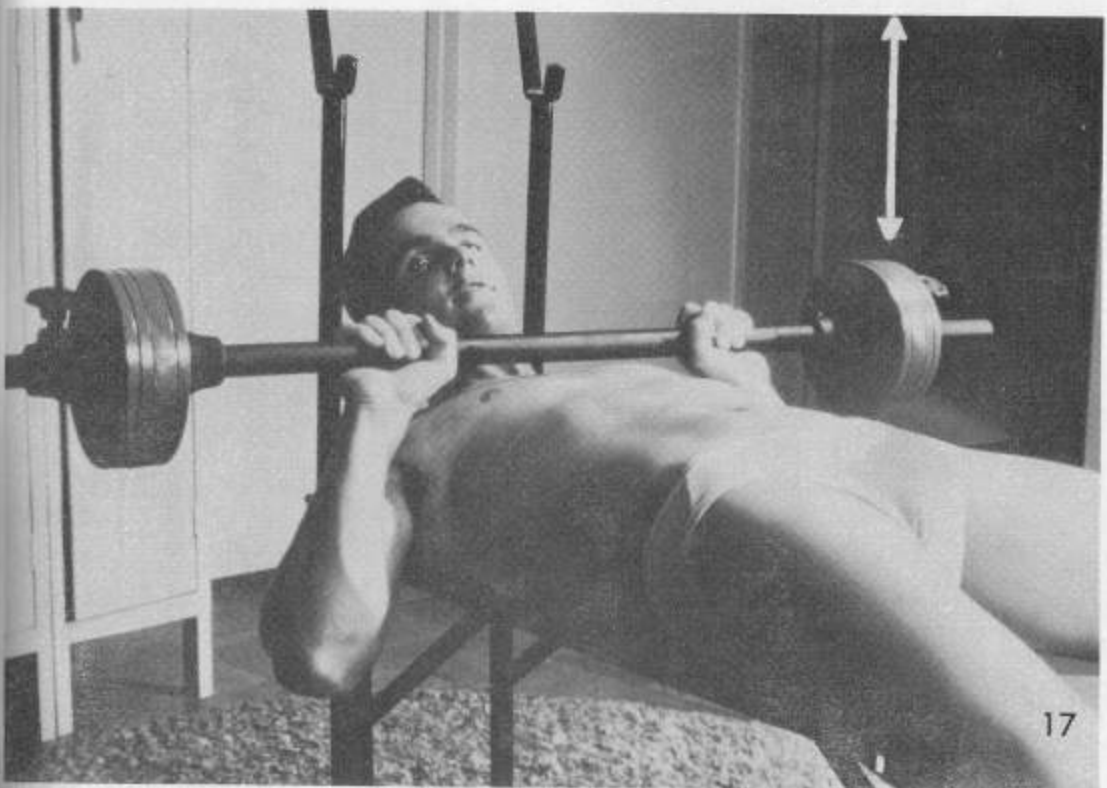


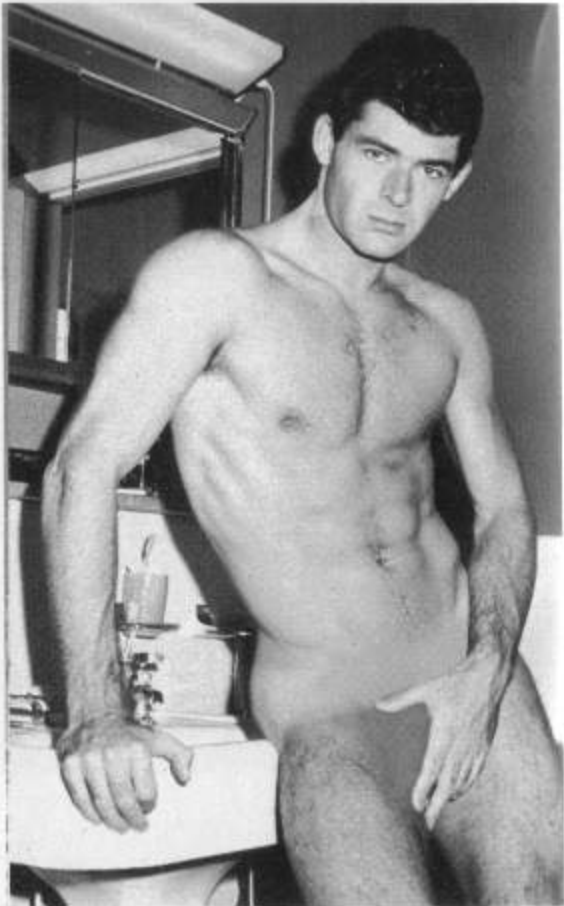


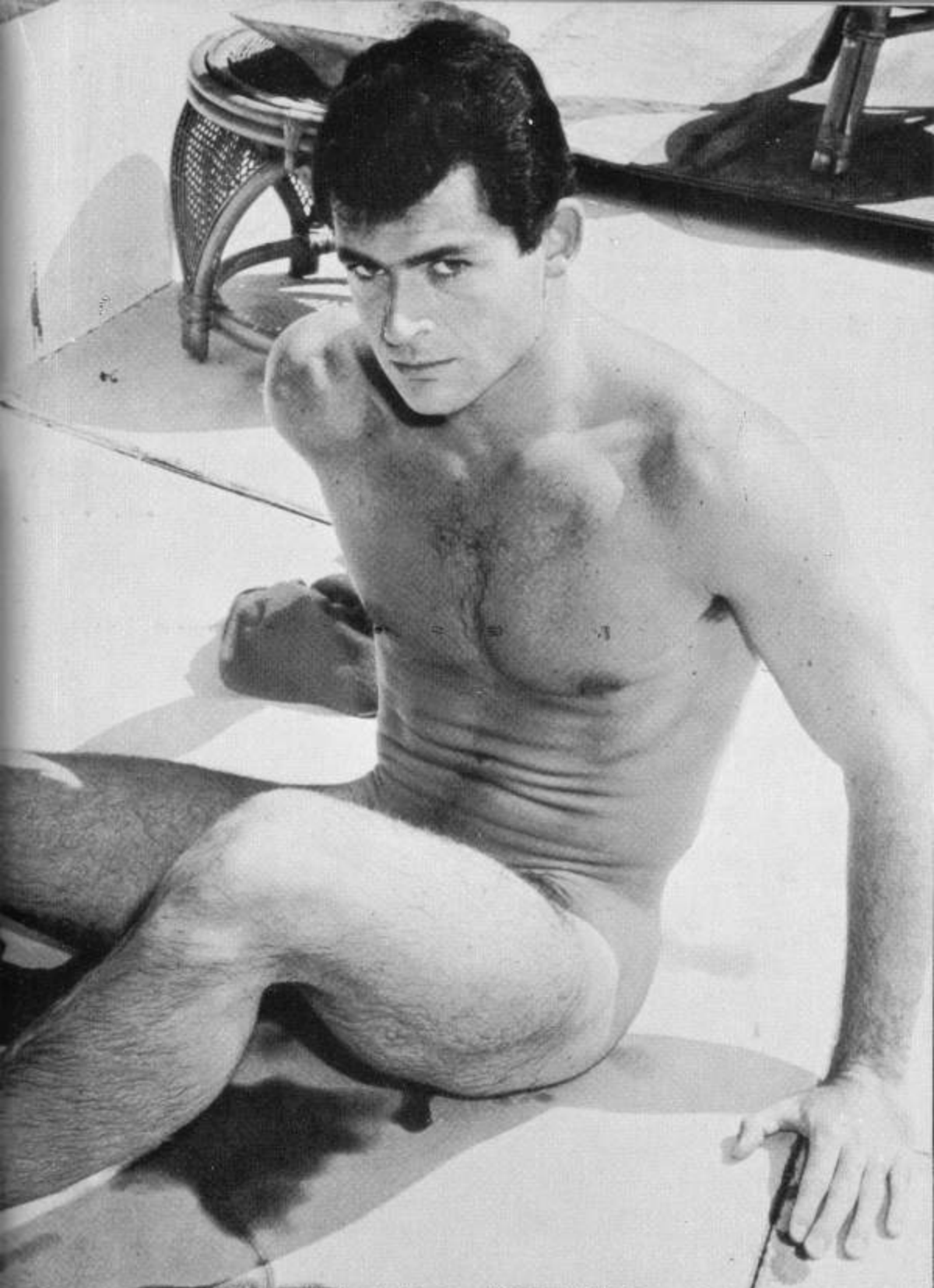
DEVELOP BIG ARMS

Your body can be compared to a chain . . . it is no stronger than its weakest link. A strong pair of arms, while creating much admiration, will be of little use if the back and legs are weak. Therefore, while you should strive to develop large, shapely arms, you should not neglect the rest of your form, especially if you want a strong and handsome physique.

ROB THODER, presented by **CHAMPION**, demonstrates a couple of simple exercises in these photos that will help build stronger arms. Spend a few minutes every third day doing these exercises and increase the reps as your arms begin to develop.





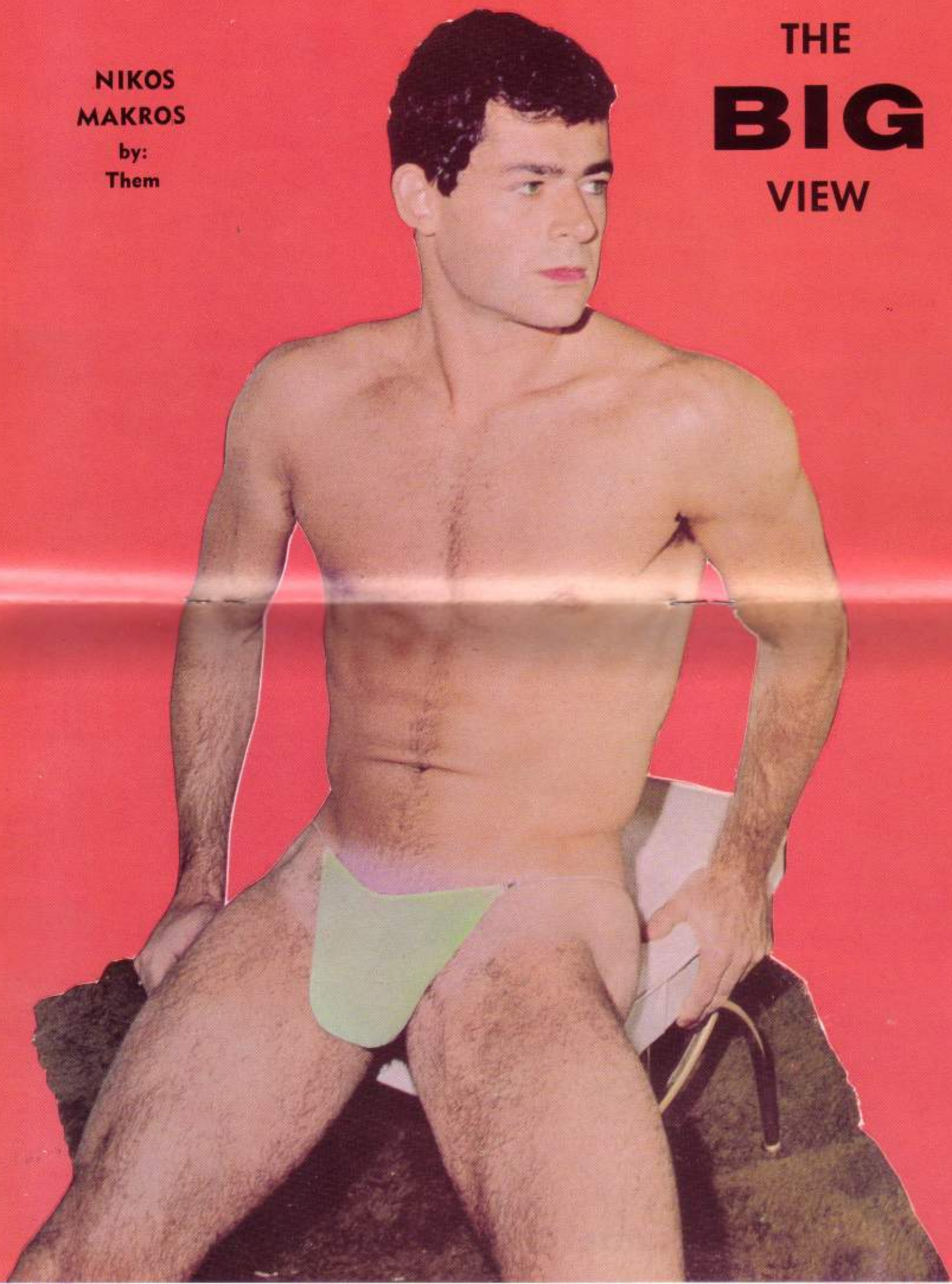


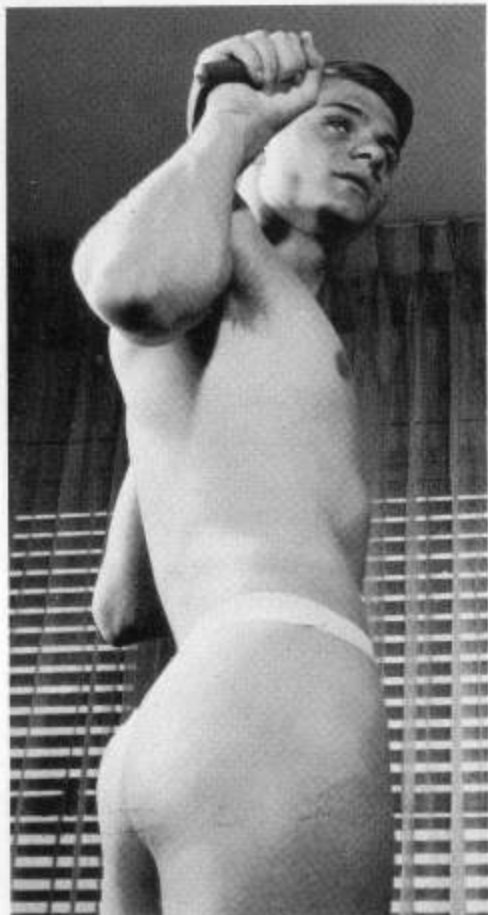
20-year-old Greek Islander, NIKOS MAKROS, stands strong at 5' 10" and weighs a lean but wiry 166 pounds. His finely chiseled head, gifted with darkly expressive Hellenic eyes, is crowned with blue-black ringlets of hair. His superb physical proportions and facial features remind you directly of the finest ancient statuary. See ad on page 35.

NIKOS
MAKROS

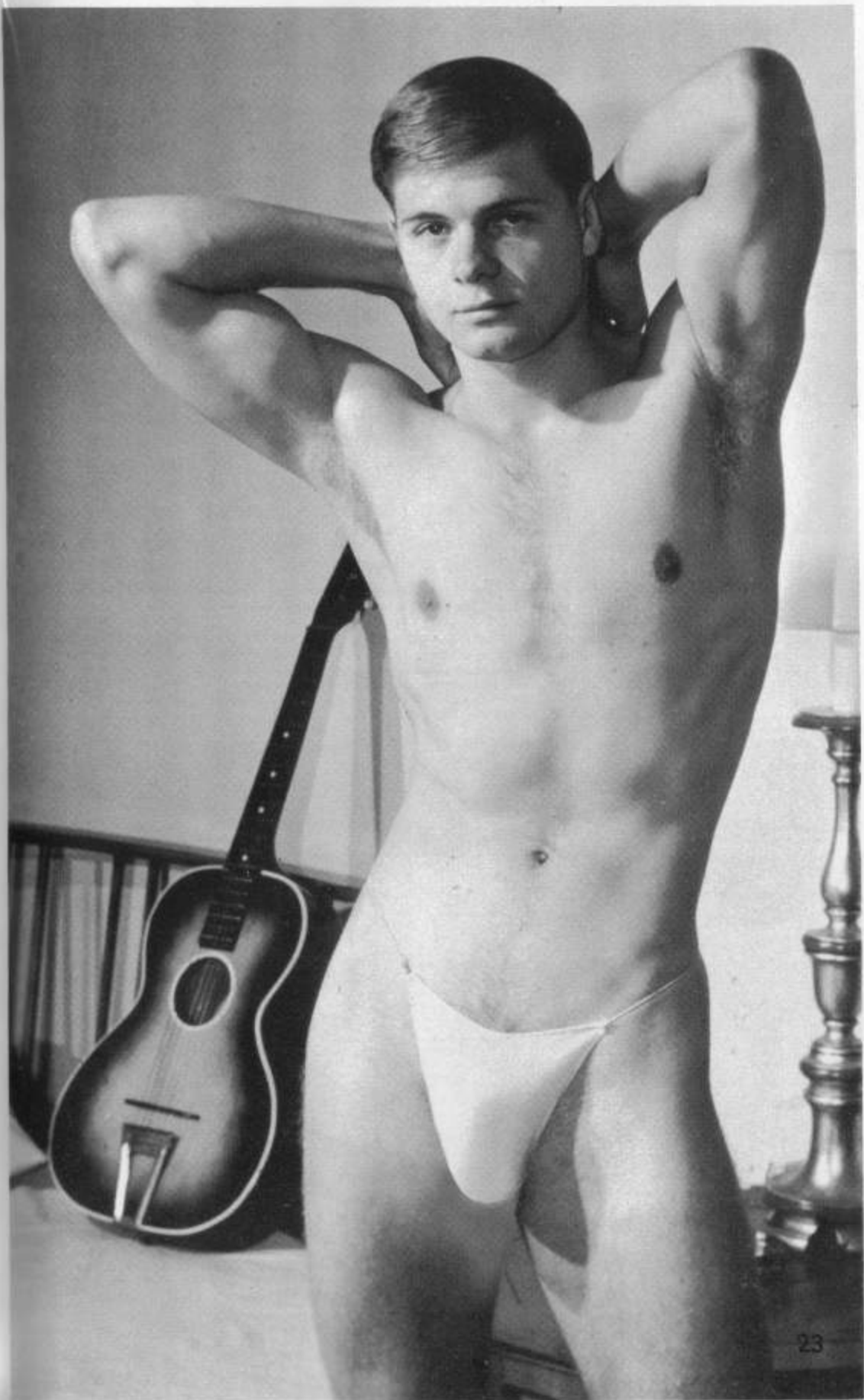
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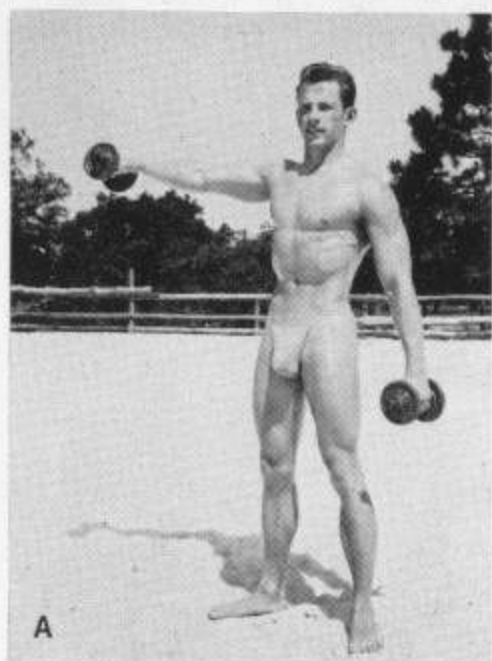




GARTH SINGER is the typical young guy from next door who is interested in all the many activities and gadgets that fascinate most teenagers. He is devoted to regular daily exercise, as well as vigorous "workouts" from rock-n-roll.



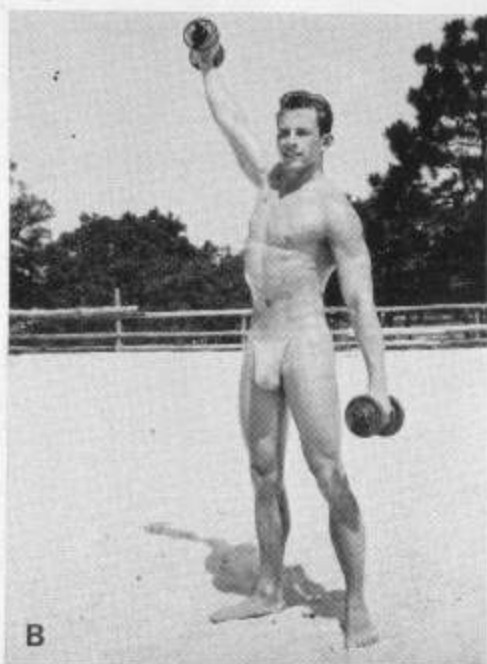
DO YOU WANT BRO



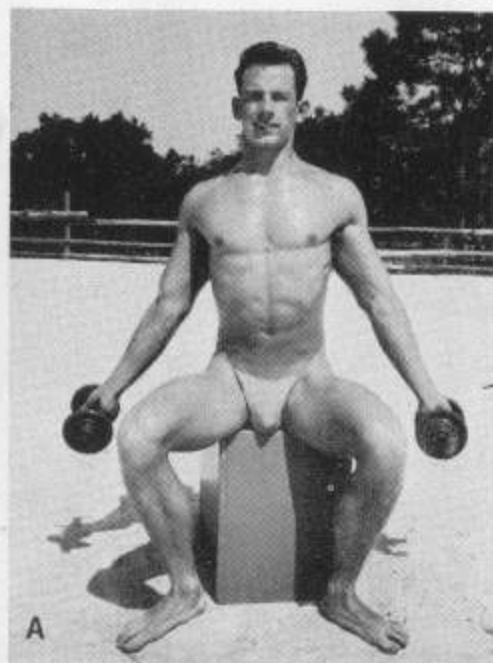
A

THE FRONT DUMBBELL RAISE

THE FRONT DUMBBELL RAISE develops the anterior deltoid mostly. Assume position in Fig. A and hold it for 2 seconds. Then inhale as you slowly raise the dumbbell to the position in Fig. B. Slowly exhale as you lower the weight back to the starting position and repeat 5 times. Do the same with the opposite arm. Gradually increase to 10 reps and 2 sets for each arm.



B



A

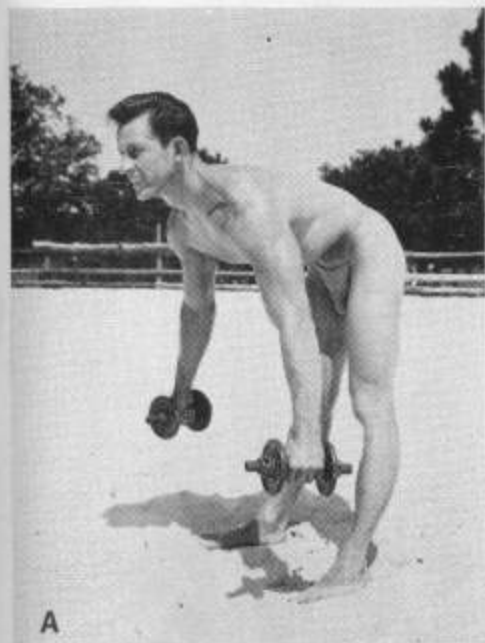
THE LATERAL RAISE

THE LATERAL RAISE is the most important exercise for increasing the extreme side area of the shoulders. Assume position in Fig. A and inhale as you slowly raise the weights to the position in Fig. B. Exhale. Then inhale again as you slowly lower them back. Repeat 6 times and increase to 12 and 4 Sets.



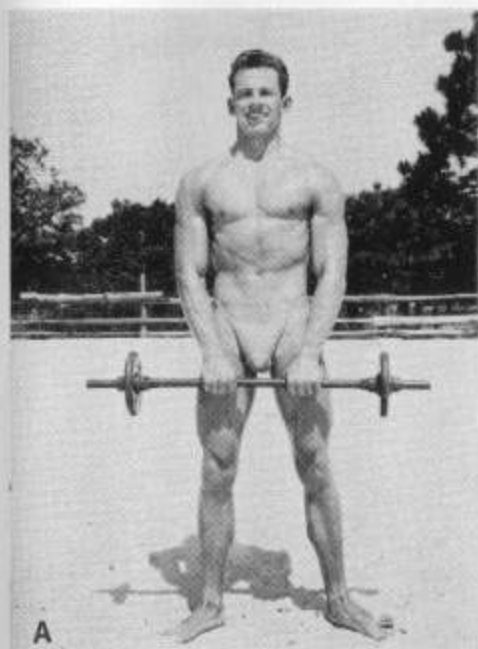
B

ADDER SHOULDERS?



THE REAR RAISE

THE REAR RAISE affects the back part or posterior deltoid. Assume the position shown in Fig.A and inhale as you slowly raise the dumbbells to the position in Fig.B. Hold this position for 2 seconds, then exhale as you lower the weights. Start with 5 reps and increase to 12 and 3 Sets.

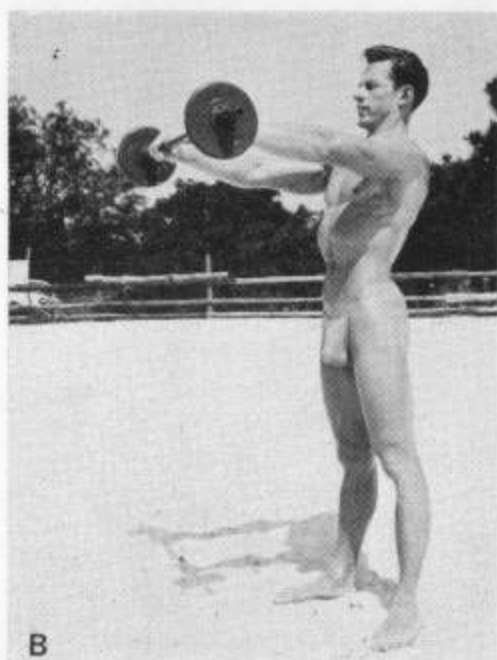
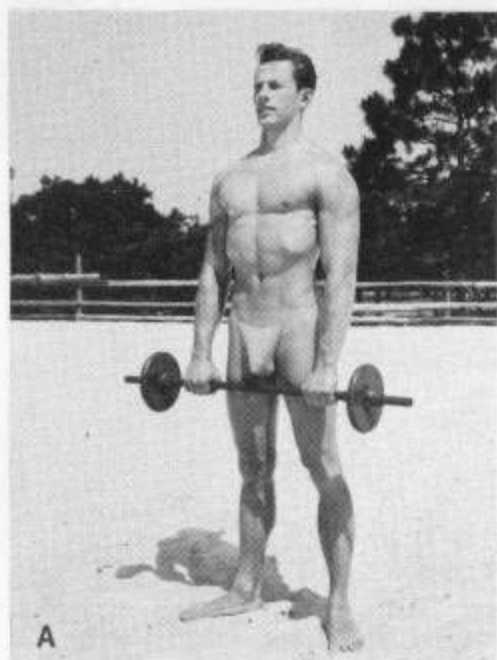


THE UPRIGHT ROWING

THE UPRIGHT ROWING with the barbell affects the front and side areas of the shoulders. Assume the position shown in Fig.A and inhale as you slowly raise the weight to the position in Fig.B. Hold for at least 2 seconds. Exhale as you slowly return weight to starting position. Do 6 reps and increase to 12 and 3 Sets.

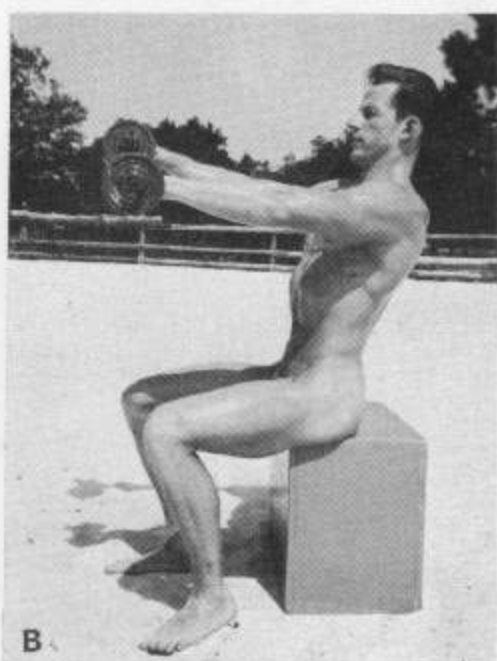


DO YOU WANT BROADER SHOULDERS ?



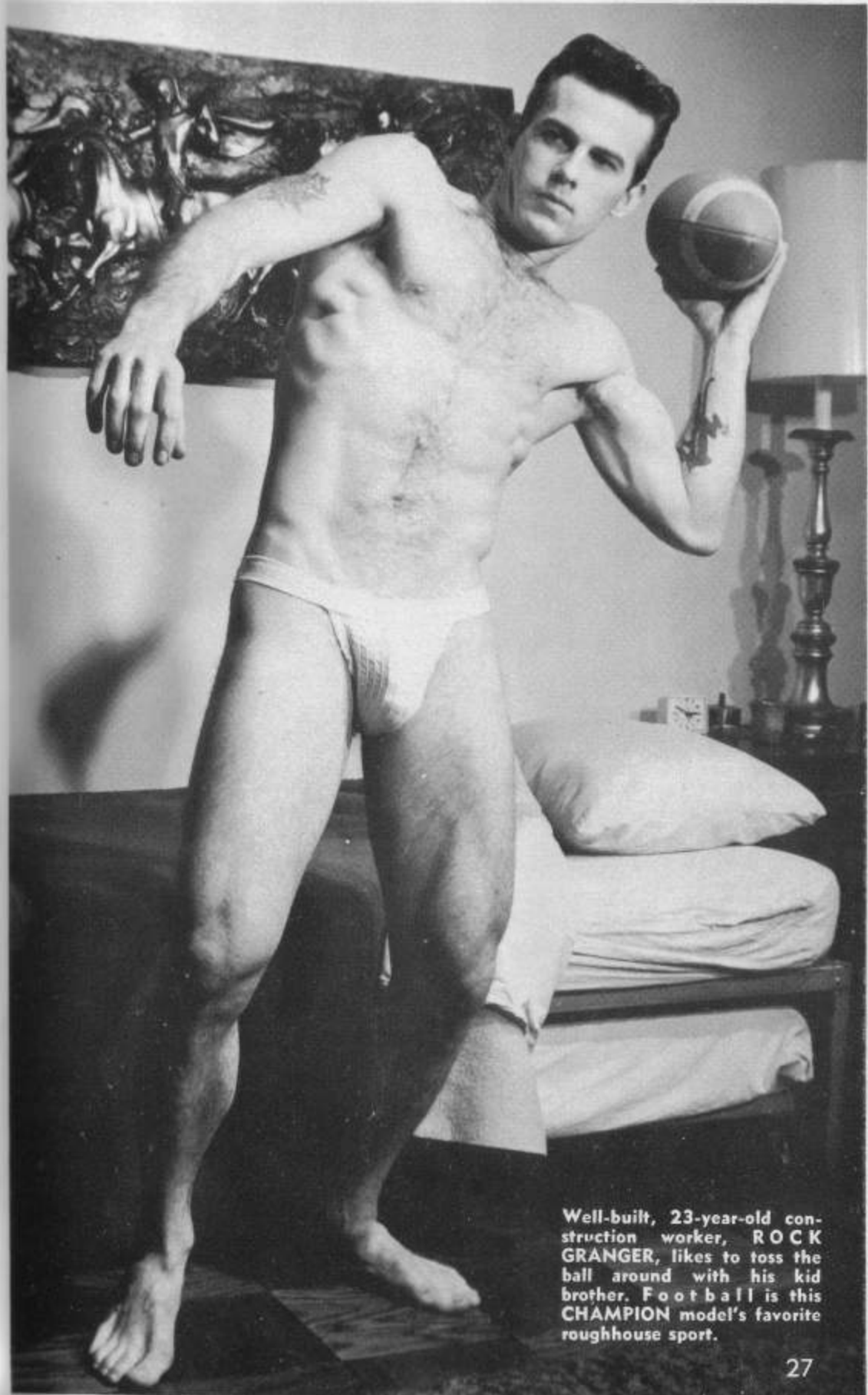
THE FRONT LATERAL

THE FRONT LATERAL improves the entire shoulders and also strengthens the upper back and promotes better posture. Assume position in Fig.A. Inhale as you raise the weight to the position in Fig.B. Hold 2 seconds. Then exhale as you lower the weight. Do 5 reps and increase to 10 and 2 Sets.



THE HORIZONTAL THRUST

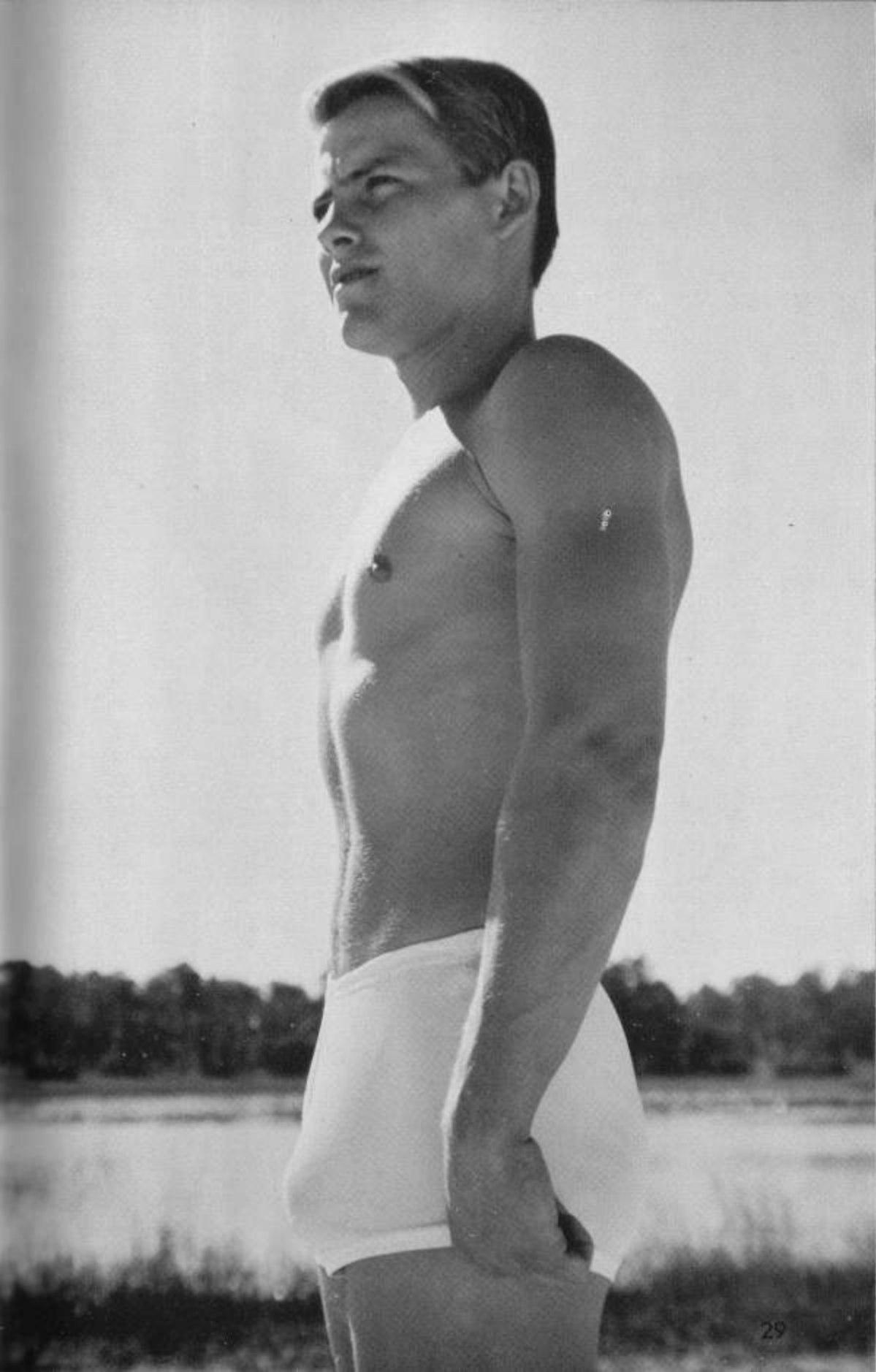
THE HORIZONTAL THRUST strengthens and develops the shoulders, the upper back and the chest muscles. Assume the position in Fig.A, inhale and thrust the weights to the position shown in Fig.B. Hold 2 seconds, then exhale as you return the weights to the starting position. Do 5 times and increase to 10 reps and 3 Sets.

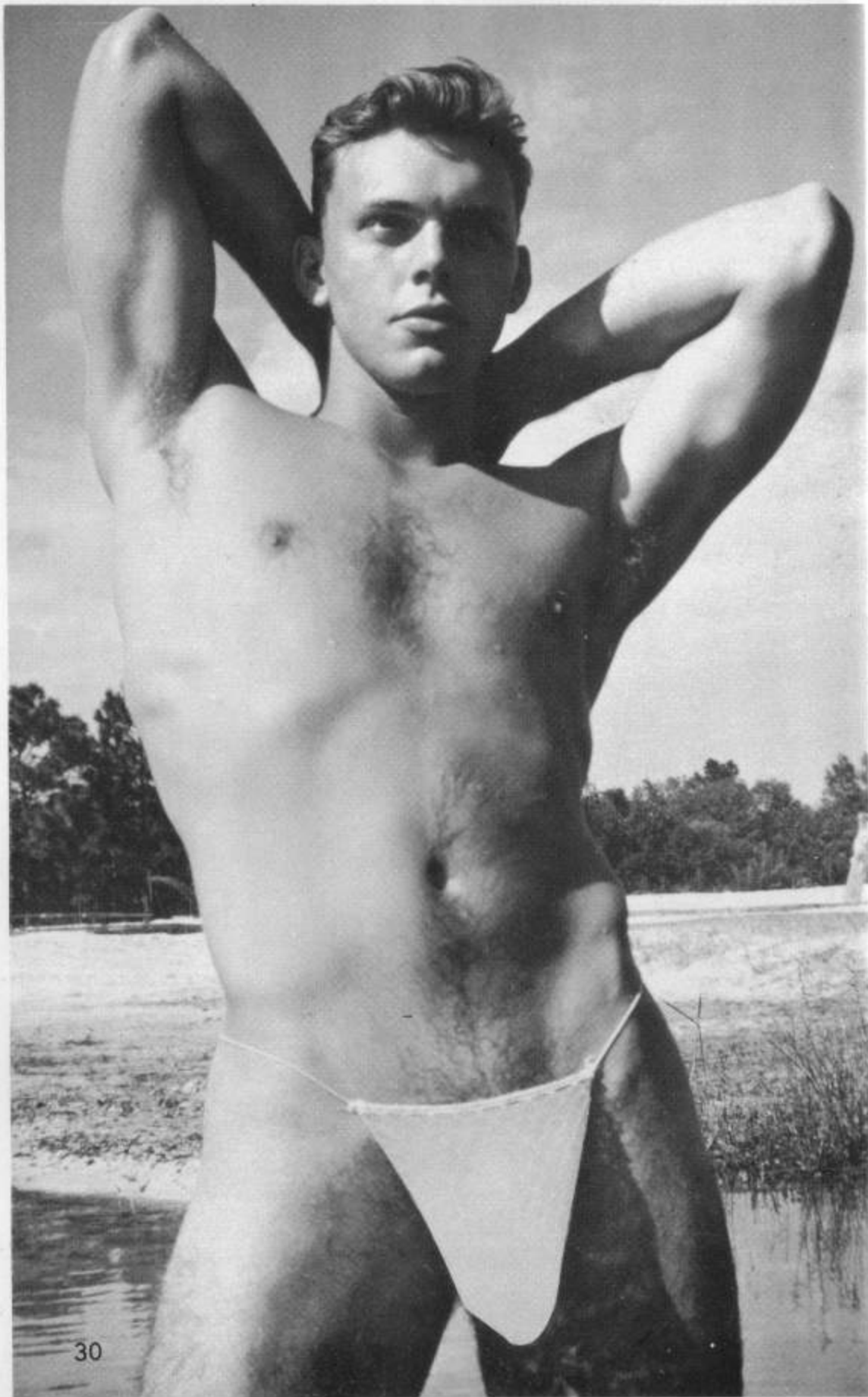


Well-built, 23-year-old construction worker, **ROCK GRANGER**, likes to toss the ball around with his kid brother. Football is this **CHAMPION** model's favorite roughhouse sport.

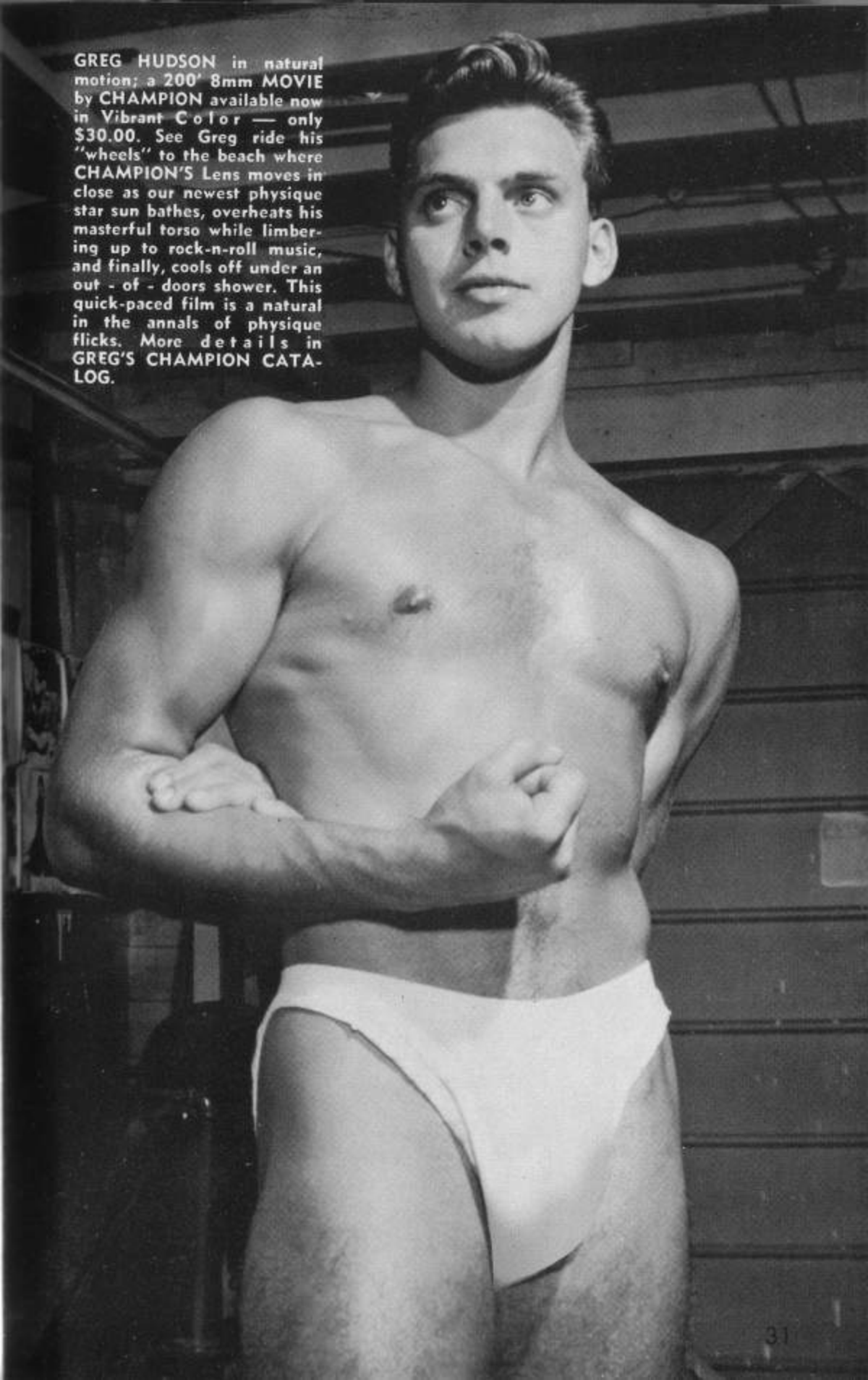


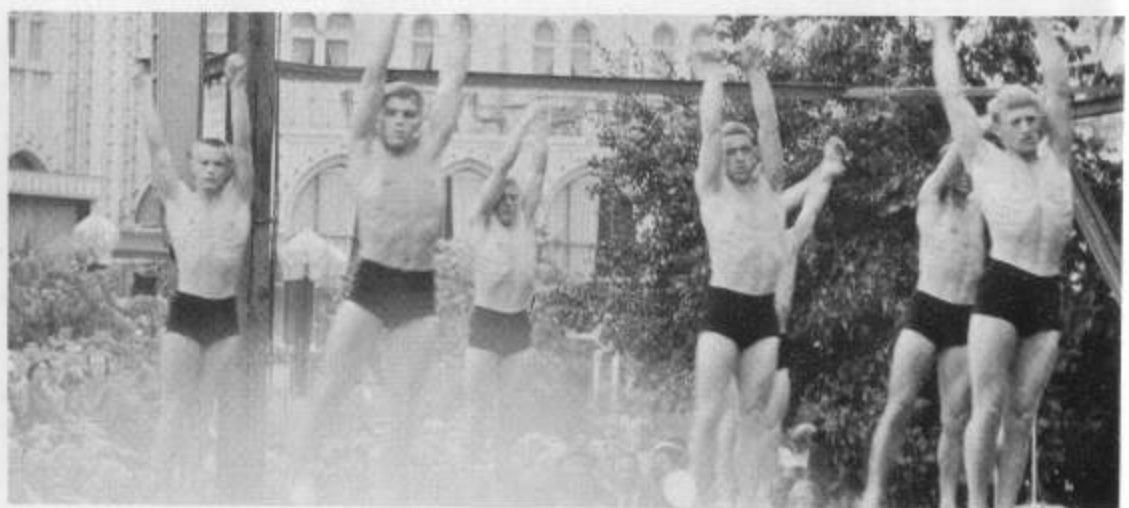
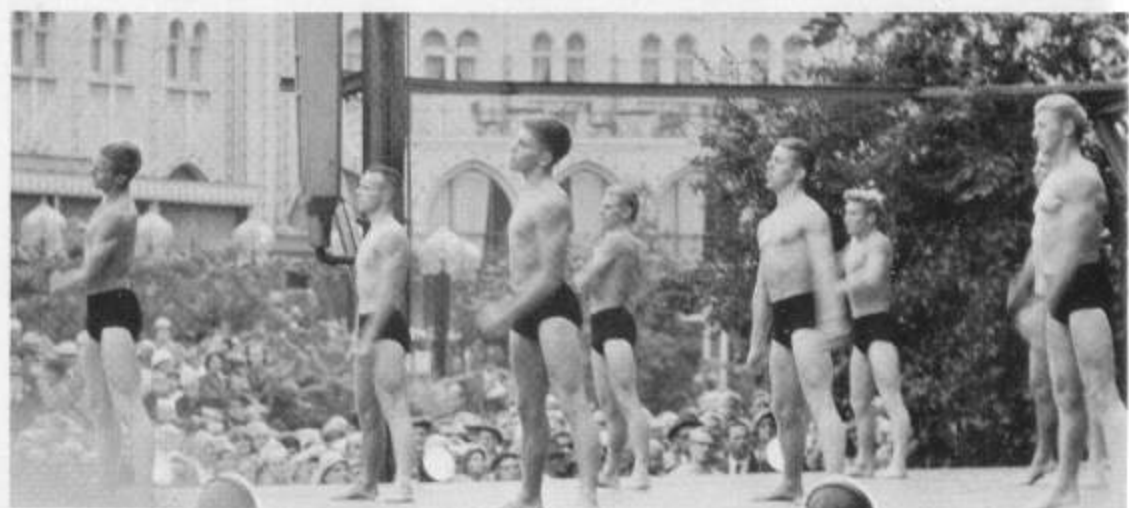
Champion now presents a NEW 8mm MOVIE: DANA SUMERS — "Twister, Rebel Eayle" in full 200' radiant color, \$30.00. Dana explodes into real "Go-Go" action on the beach. Here's where the action and happening are! See this lively one! Send for Dana's Champion catalog for further information.



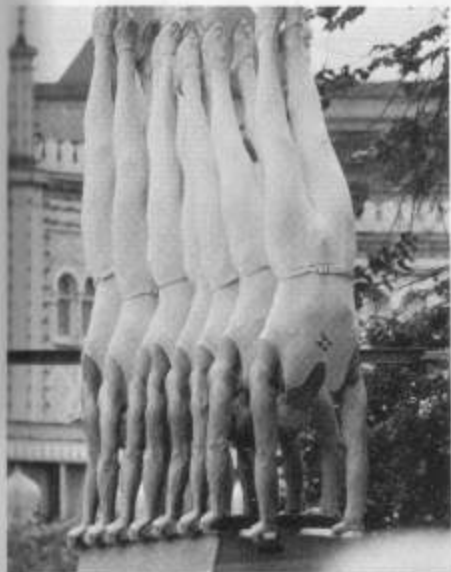


GREG HUDSON in natural motion; a 200' 8mm MOVIE by CHAMPION available now in Vibrant Color — only \$30.00. See Greg ride his "wheels" to the beach where CHAMPION'S Lens moves in close as our newest physique star sun bathes, overheats his masterful torso while limbering up to rock-n-roll music, and finally, cools off under an out - of - doors shower. This quick-paced film is a natural in the annals of physique flicks. More details in GREG'S CHAMPION CATALOG.





THEM presents some snapshots of the famous Danish gymnasts who many Americans were lucky to catch in action while visiting the recent World's Fair in New York City. They demonstrate their warm-up routine at Tivoli Garden, Copenhagen's glittering outdoor sports center.



Gymnastics is a fabulous body-conditioning sport that is just as delightful to watch as it is fun to perform. It especially teaches precise coordination while toning the entire body. Gymnastics is a popular sport throughout Scandinavia, Russia, Germany, and the U.S.A.



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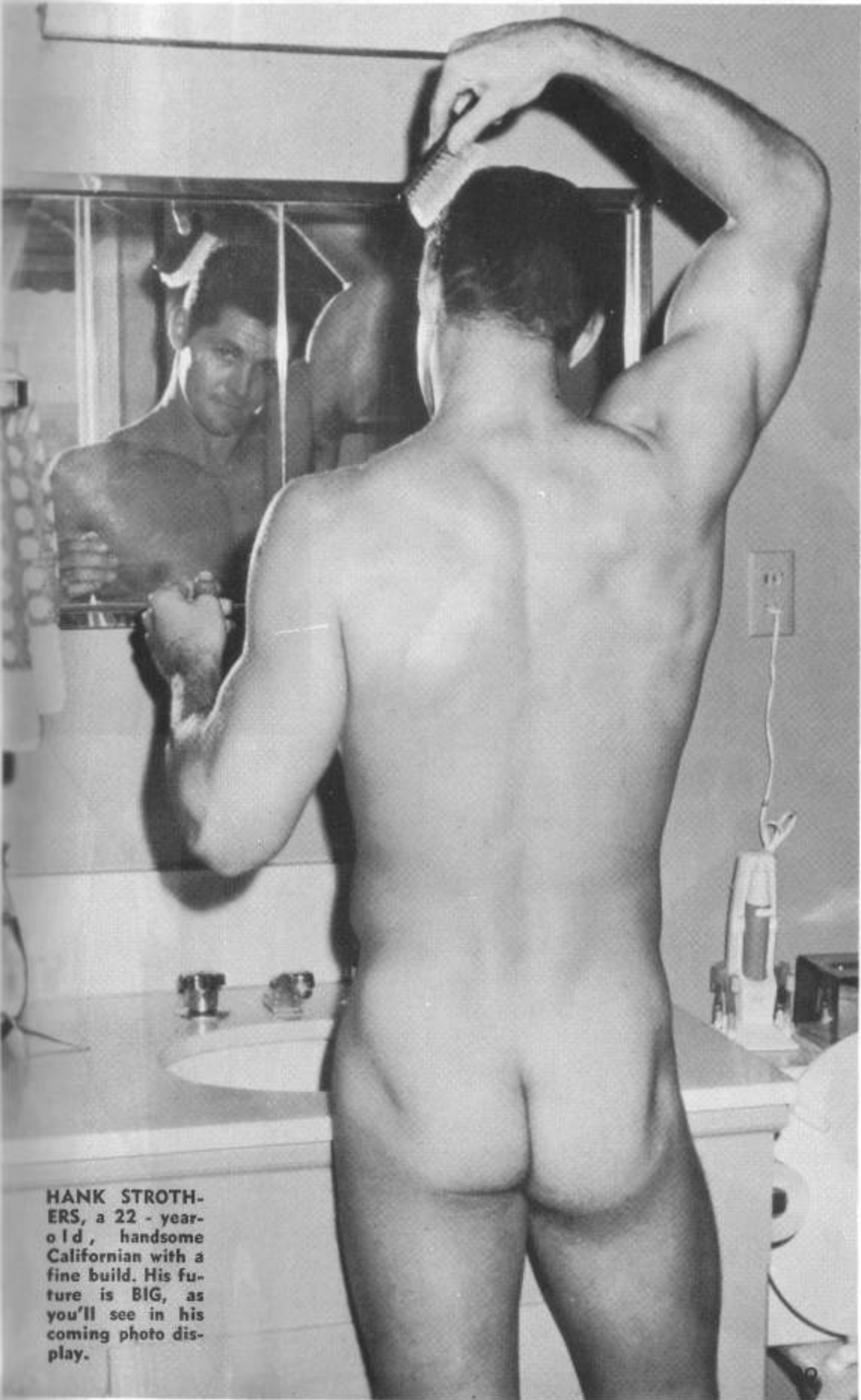
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